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# We Make Your Life Easier

We recognize that injuries to the spine are common to us all and the body's natural tendency to self-heal can often be overwhelmed by the stress of daily life. Our team of experts specialize in identifying and addressing the causes of spinal misalignments. Many in our world are suffering from chronic pain and discomfort. We believe that people are taught Healthy Living Strategies in order to live a healthy life.

Hickory, North Carolina

## The Six Major Pieces of the Healthy Living Puzzle





## MINDSET

The difference  
between non-  
interference and  
intervention as a  
health  
philosophy.

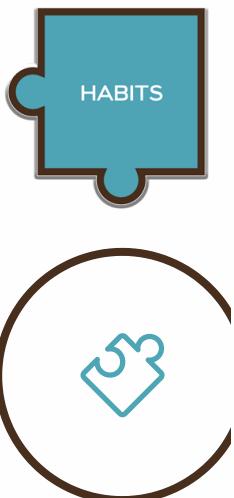
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## SPINAL CARE

The importance  
of proper  
alignment as  
well as the  
problems that  
can develop  
when living with  
a misaligned  
spine.

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## HABITS

Understand the  
tools that are  
available to  
support all the  
other puzzle  
pieces.

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**SCHEDULE YOUR CONSULTATION TODAY**





Click here to  
**Schedule an Appointment**



**Dr. Joseph E. Miles Jr., Upper Cervical Chiropractor**

*Diplomate in Chiropractic CranioCervical Junction Procedures*



1055 13th St., SE , Hickory, NC 28602

**828-485-2990**

Office Hours:

Monday: 9:00am - 6:00pm

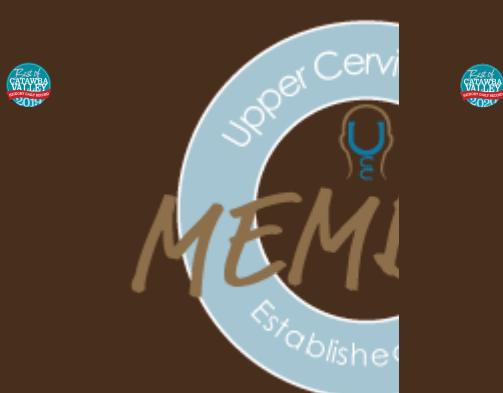
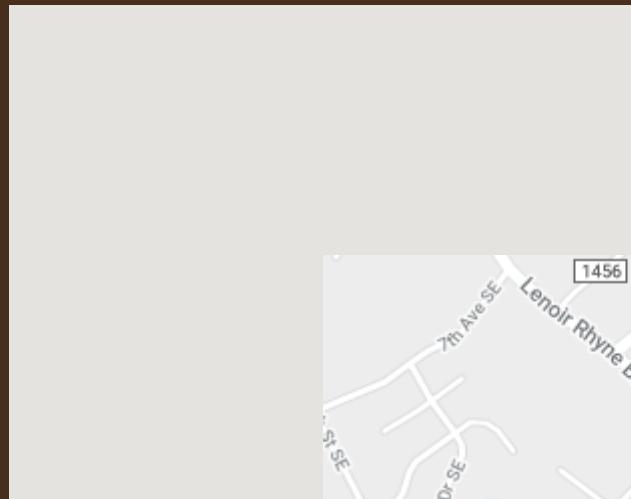
Tuesday: 12:00pm - 5:00pm

Wednesday: 9:00am - 6:00pm

Thursday: 9:00am - 12:00pm

Friday: 8:30am - 2:00pm

**Our Office in Hickory, NC**



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Charla Wall  
Feb 04, 2021

**5.0** ★★★★★



I have personally seen a total of 10 specialists for my debilitating spine condition for 10 years. I have completed countless ... [more](#)

